

WINNIPEG

metro®

NEWS
WORTH
SHARING.

Matrix Meridian Dual Flush
3.5 or 6.0 Flush,
Special Price \$299.99 **\$239⁹⁹ INSTALLED**
Less credit \$(60.00)*

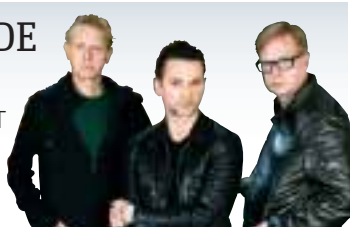
Included New Wax Seal, New Flex Line, New Flange Bolts. rebate: is a City of Winnipeg Rebate Program. Customer is responsible for recapture of rebate monies, in conjunction with City of Winnipeg Rebate Regulations.

This offer does not include any repair or replacement to existing floor flange or rotting flooring and cannot guarantee new toilet matching existing bathroom flooring. Call for details.

ONTIME
Electric • Plumbing • Heat & Air
635 Ferry Rd.
www.ontimegroup.ca
It's time to call 204-774-1474

A MULTITUDE
OF SYNTH

FANS JUST CAN'T GET
ENOUGH OF THOSE
TIMELESS '80S POP
ROCKERS DEPECHE
MODE **PAGE 10**

mbjobs.ca®
Job Opportunities that ClickSEARCH FOR
SUCCESS!

- Not government affiliated
- Jobs in all industries
- Updated daily with new careers
- Full-time, part-time, seasonal & student

mbjobs.ca has
tons of local
careersscan & go
to mbjobs.caFind us online for your chance
to win awesome monthly prizes

Beardacious: Michael Sanders, left, and Dylan Fries of Electric Monk Media have started an online campaign to help cover the cost of releasing their feature-length documentary Men with Beards. SHANE GIBSON/METRO

Untangling the
brotherhood
of the beard

Beard porn. Winnipeg
documentary makers
launch campaign to
release movie



SHANE
GIBSON
shane.gibson@metronews.ca

They've spent the past four years making a documentary about a subject near and dear to their faces — beards — and now two Winnipeg filmmakers need help to release the project.

Dylan Fries and Michael Sanders of Electric Monk Media completed their feature-length documentary Men with Beards in January, and now need roughly the same amount of capital they sank into the project — \$28,000 — to release the finished product and get it into

The study of stubble

- Pogonology is the study of beards. In addition to interviewing men with all manner of whiskers, Men with Beards also has expert beard analysis from a world-renowned pogonologist.

film festivals.

"It's quirky and funny, but I think what's been surprising to people is that it is a bit more serious than they expected," a well-bearded Fries said of the film he and Sanders started after a trip to the World Beard and Moustache Championships in 2009.

"We took a great deal of time with the footage and really wanted to make sure we told the story of the guys we talked

with the way we heard it."

Before they can start showing off their work, Fries and Sanders need to pay for video and music clearances and error and omissions insurance, which has left them in what might be described as a hairy catch-22 — they need people to pre-order copies even though they can't see the film yet.

"Our challenge now is explaining to people that we need them to buy it now, so we can pay it off, and get it to them eventually," said Fries, who is aiming to have the film available by Christmas.

"It's kind of a no man's land, and we'd really just like to get it to people because when people have seen it, they really like it."

See the film's trailer at thebeardmovie.com. To pre-order a copy, look for Men with Beards on indiegogo.com.

FORD CHEVROLET DODGE GMC CHRYSLER KIA TOYOTA CADILLAC

Apply online @ 1-877-796-0505
AutoMallFinance.com

NEW & USED
GUARANTEED APPROVAL
ALL LEVELS OF CREDIT

✓ NEED A CAR ✓ NEED FINANCING
✓ NEED A GREAT DEAL
100'S OF VEHICLES AT SALE PRICES!

What's your trade worth? Check it out at AutoMallFinance.com

VANS STARTING @ \$89 B/W
CARS STARTING @ \$69 B/W
TRUCKS STARTING @ \$119 B/W
SUV'S STARTING @ \$99 B/W

IF YOU CALLED US YESTERDAY. YOU WOULD BE DRIVING TODAY!
AUTO MALL FINANCE 1000-1717 WAVERLEY ST. WINNIPEG, MB

JOINING TWITTER? HERE'S WHAT YOU'LL FIND IN #WINNIPEG



WHAT'S GOOD
Ace Burpee

Twitter just celebrated its seventh anniversary. Congratulations. Today we take a look at seven years of Twitter in Winnipeg.

The following is always true in Winnipeg on Twitter:

The second-string quarterback for the Bombers is always the answer.

No, we have not seen that hilarious pic of ourselves, nor have we seen those nasty things alleged to have been written about us on someone's blog.

The Jets lose and Claude Noel must be fired ASAP and Dustin Byfuglien should be traded.

The Jets win and Claude Noel should be coach of the year and Dustin Byfuglien should win the Norris.

Burton Cummings is still a fan of ALL CAPS.

While not on Twitter, our grandparents have all heard of it, and insist on putting the word "The" in front of it.

Nobody as of yet has clicked on the horoscope you send every day.

Nobody recognizes each other from their Twitter profile. Nobody.

"Favouriting" a tweet is the new dating someone but never introducing them to your friends.

Half know that Chris D. is a real person, half are still skeptical. (He's a real person.)

Twitter debates between journalists are awesome.

Fred Penner has the highest tweets-to-followers ratio perhaps in the world. Three hundred followers. Zero tweets.

On the flip side, I follow someone who has seven followers and has sent more than 13,000 tweets. That's almost impossible to do, which makes them one of my sentimental favourite follows.

Tweeting tips on how to excel on Twitter is sort of a double negative.

Pretty much everyone in Winnipeg loves bacon.

ACE BURPEE IS A LOCAL WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD.

Unhappy meal. Two arrested after fight at fast-food joint

Somebody call Mayor McCheese.

Two men are facing assault charges after a fight at a West Kildonan-area McDonald's restaurant early Sunday ruined everyone's Happy Meals.

Police were called to the restaurant in the 800 block of Leila Avenue at about 12:40 a.m. when a fight between three young men escalated to the point where one male suspect threatened the 18-year-old victim with a crowbar, and another male suspect tried to assault the victim with a chair

from the restaurant.

The victim was not injured during the fight.

Although the suspects initially fled, they returned a short time later and smashed out a window in the restaurant and one of the victim's car windows.

Two 19-year-old men were arrested a short distance away and both are facing several charges including assault with a weapon, two counts of mischief under \$5,000 and possession of a weapon for a dangerous purpose. **METRO**

Victim suffered bites. Man disputes woman's account of wolf attack on highway

A man is disputing a Manitoba woman's account of a vicious wolf attack that left her with neck injuries.

Dawn Hepp says she stopped at the side of the highway near Grand Rapids this month to help another driver in distress.

She says that's when a wolf mauled her at the side of the road.

Clayton Ross says he's the other driver, and has a different tale — he says Hepp got

out of her car and tried to feed the animal, and that's when it attacked.

Ross said he and his girlfriend asked if she was all right, and she told them not to worry.

Hepp maintains she didn't approach or try to feed the animal, but adds she may have had remnants of food on her hands.

Manitoba Conservation says a wolf attack is rare, and they are still investigating the incident. **THE CANADIAN PRESS**

Goldeyes unveil new licence plate

Funds for foundation.
Only 2,000 available during initial run



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

First it was the Bombers, then the Jets — now the Winnipeg Goldeyes have loaded the bases of Manitoba's sports specialty licence plates.

The plate, which was unveiled on Friday by the team and the Manitoba government, boasts a yellow and white background, Goldeyes in big red letters, the team's logo, featuring mascot Goldie, and the "Friendly Manitoba" slogan.

"Over the past few years, many of our fans have inquired about a Goldeyes



Manitoba Justice Minister Andrew Swan and Winnipeg Goldeyes GM Andrew Collier unveil the Goldeyes licence plate, available at local Autopac outlets. **BERNICE PONTANILLA/METRO**

plate," Goldeyes general manager Andrew Collier said, adding he'll be getting plate number 94 in honour of 1994, the year the Fish came back to Winnipeg and the year he started with the team.

Collier said the new licence plate will raise the visibility of the team, as well as provide new funds to the Winnipeg Goldeyes' Field of

Dreams Foundation, which benefits children's charities.

Manitoba's Justice Minister, Andrew Swan, said the plates are in celebration of the team's 20th season this year and last summer's American Association championship win.

The plates cost \$70, with \$30 from the sale of each plate benefitting the Field

of Dreams Foundation. They are on sale at any of the province's 300 Autopac outlets.

Only 2,000 plates are available in this initial run.

The Jets plates were introduced in December of 2011, while a limited edition of Blue Bombers plates were first unveiled in June of 2011, and a second run made available in May of 2012.

POP ULR

MPI spokesman Brian Smiley said about 27,000 Jets, 13,000 Bombers and 2,000 firefighter plates have been sold.

Bank hit

Man arrested in robbery probe

Winnipeg police have made an arrest in connection to a holiday-season bank robbery from last year.

Police began investigating after three men robbed a bank in the 1500 block of Kenaston Boulevard on Dec. 20.

Officers arrested Roy Samuel Williams, 33, at a residence in the first 100 block of Kate Street Thursday. **METRO**

Drinking party

Women charged in stabbing

A woman is in hospital and two others are facing charges after a party in St. James turned violent.

Police were called to a home in the 200 block of King Edward Street just before 7 p.m. Saturday after two female suspects assaulted and stabbed a 21-year-old woman during an argument at a drinking party. A 35-year-old man was also injured. **METRO**

MTS Centre

Rihanna show has new start time

Hope you're able to stay up late, kids.

Rihanna's concert on Monday has been pushed back an hour — making the start time for the concert now 8:30 p.m.

Doors will open at the MTS Centre 7:30 p.m. instead of 6:30 p.m.

Rihanna's opener will be ASAP Rocky, while Rihanna is expected to take the stage around 10 p.m. **METRO**

Drug charges

Rap artist to go to trial

A member of Winnipeg's award-winning hip-hop group Most is going to trial on drug charges.

William Pierson, better known as Jon-C, argued in court that the charges should be dropped. He said police didn't have a valid search warrant when they allegedly found cocaine and marijuana at his home in 2008. But a judge ruled the warrant was valid. **CJOB**

China's new first lady ends line of recluses

Peng Liyuan. Singer and WHO ambassador makes media splash while on trip to Russia

New first lady Peng Liyuan has emerged as Chinese diplomacy's latest star, charming audiences and cutting a very different profile from her all-but-invisible predecessors on her debut official visit to Russia.

A celebrated performer on state TV, Peng featured prominently in Sunday's Chinese media coverage of husband and president Xi Jinping's activities in Moscow. The visit is Xi's first since he assumed the presidency earlier this month.

Peng watched song and dance routines at a performing arts school on Saturday but did not join in as some media reports had suggested she might. Xi's trip continues this week with stops in Tanzania, South Africa and Congo, during which Peng is expected to hold other public events.

Peng, 50, largely retired from public life after Xi was made China's leader-in-waiting in 2007, but in recent years has won new acclaim as an ambassador for the World Health Organization. She has done work on tuberculosis and HIV/AIDS, diseases that still carry considerable stigma in China.

She holds the largely honorary rank of major general in the People's Liberation Army and is best known for her renditions of patriotic



An internationally popular first lady like Peng Liyuan could help soften China's sometimes abrasive international image. IVAN SEKRETAREV/THE ASSOCIATED PRESS FILE

odes, often while wearing full dress uniform.

Peng's emerging high profile appears to be an extension of Xi's own confidence as he consolidates his control on power and presses a more assertive role for China in global affairs, said Steve Tsang, director of the China Policy Institute at Britain's University of Nottingham. Her training as a singer and stage performer offers the perfect preparation for such a role, he said.

THE ASSOCIATED PRESS

Then and now

Role of the first lady

In recent years, the wives of China's top officials have gone almost unseen at home and attracted little attention while accompanying their husbands abroad.

That was in part a negative reaction to Mao Zedong's wife, Jiang Qing,

who was despised and later imprisoned for her role as leader of the Gang of Four, which persecuted political opponents during the 1966-76 Cultural Revolution.

Women in general wield little power at the top of the Chinese power structure; only two sit on the ruling Communist Party's 25-member decision-making Politburo. THE ASSOCIATED PRESS

Semantics. Definition of 'bullying' a tough choice for Canadian lawmakers

Provinces introducing laws to crack down on school bullies are struggling to decide where to draw the line between chronic abuse and a one-time insult.

There are also questions, as in Manitoba, as to whether legislation will have any effect. That province's proposed law does not require principals to hand down specific penalties or even report bullying to parents.

The definition under a bill now before the Manitoba legislature is so general, it could make bullies out of any student, argues Kelvin Goertzen, education critic for the Opposition Progressive Conservatives.

The province's education minister said the wording is

Provincial definitions

- **Ontario.** Causing or intending to cause physical or emotional harm, damaging another's property or creating hostility.
- **Manitoba.** Behaviour that "should be known to cause fear, intimidation, humiliation, distress or other forms of harm to another person's body, feelings, self-esteem, reputation or property."

broad partly so that school principals and others could use their own judgement to address individual incidents.

THE CANADIAN PRESS

Liberal leadership race. Trudeau totally eclipses rival fundraising efforts

If money talks, then it's saying Justin Trudeau has a lock on the federal Liberal leadership.

Trudeau is the only contender whose financial report is not yet on the Elections Canada website. But his team said it will show Trudeau has pulled in just over \$1 million since launching his campaign last October, with an additional \$300,000 still being processed by the party.

That's more than double what the other five contenders combined have raised.

The reports show former Toronto MP Martha Hall Findlay has raised almost \$179,000 while Vancouver MP Joyce Murray is close behind with



Justin Trudeau THE CANADIAN PRESS

\$169,000.

Trudeau's team is particularly pleased that he's raised the money largely through small donations from more than 7,500 donors. The average donation is \$155. THE CANADIAN PRESS



RBC Royal Bank

"How can I earn high interest on every dollar I save?"



It's easy as

Savings

RBC High Interest eSavings®

- Earn interest on every last loonie
- Save automatically with Save-Matic®
- Access your funds anytime

Visit rbc.com/save

Advice you can bank on™

Warning: Graphic details. Couple who tortured man ask for reduced sentences

An Ontario couple who held a developmentally disabled man captive and tortured him while draining his bank account to buy drugs and video-game equipment is asking for lighter sentences.

Dakota Thompson and Stanley Brown were part of a group convicted of aggravated assault and forcible confinement for inflicting horrific injuries on a 23-year-old disabled man over more than two weeks in 2009.

The victim went to the Hamilton apartment where three people in the group

lived, thinking they were going to help him look for a missing cellphone.

Instead, the group of people — Thompson, Brown, their roommate and a youth — confined him there for 17 days, burned him with a hair straightener, made him eat feces and drink urine, beat him and poured cayenne pepper into the bath when he tried to wash his wounds.

Brown was sentenced to 13 years and Thompson to 10 years.

THE CANADIAN PRESS

Icelanders in Florida

Skydivers killed in weekend jumps

Two skydivers from Iceland who died during weekend jumps at a Florida camp did not deploy their main parachutes, the co-owner of the facility said on Sunday.

Deputies found the

bodies of a skydiving instructor and a student on Saturday after the two didn't return from a jump with a group, setting off an hours-long air and ground search around the camp. Pasco County sheriff's authorities identified the victims as 41-year-old Orvar Arnarson and 25-year-old Andrimar Pordarson.

THE ASSOCIATED PRESS

Mother says she's sure teen suspect killed her baby



Sherry West describes on Friday the events of the day before, when her baby son was fatally shot and she was wounded in Brunswick, Ga. West's 18-year-old son was stabbed to death in New Jersey in 2008. Prosecutors said the stabbing was in self-defence. BOBBY HAVEN/THE BRUNSWICK NEWS/THE ASSOCIATED PRESS

Conflicting stories.

Cops lay charges against 17-year-old, but alleged killer's aunt claims alibi

The mother of a baby shot dead in his stroller in Brunswick, Ga., took one look at a teenage suspect's jailhouse mugshot on Saturday and said he was definitely the killer. Yet an aunt of the teen said he was eating breakfast with her when the slaying took place.

Despite the conflicting stories, police have charged 17-year-old De'Marquise Elkins with murder, along with a 14-year-old suspect whose

Hoping for justice

"My baby will never be back again.... He took an innocent life. I want his life, too."

Sherry West, whose baby was killed Thursday

name has been withheld because he's a juvenile.

Brunswick police spokesman Todd Rhodes said even though Elkins' aunt provided an alibi, authorities have good reason to bring the charges.

"That's what she's saying, but the evidence we're looking at says something else," Rhodes said, though he would not elaborate.

Sherry West said she was pushing 13-month-old Antonio Santiago in his stroller as she walked home from the post office Thursday morning. She said a teenager, with a younger boy behind him, approached and asked her for money. West said when she told him she had no money the teen drew a gun and said: "Do you want me to kill your baby?"

The gunman opened fire and West was shot in the leg, while another bullet grazed her left ear, she said. She watched helplessly as the gunman shot her son in the face, she said.

THE ASSOCIATED PRESS

Jamaican coast

Illegal Haitian migrants stopped

Jamaican police say that 33 illegal migrants from Haiti have been intercepted off the island's northeast coast. Fishermen alerted authorities after spotting a rickety boat carrying 20 men, four women and nine children. Authorities say they were trying to get to the U.S. **THE ASSOCIATED PRESS**

Mayoral elections

Macedonians avoid poll violence

Macedonians voted peacefully in local elections Sunday, boosting hopes the country is turning a page and won't repeat the political and ethnic violence that has marred past voting cycles. Turnout by 5 p.m. Sunday was 57.5 per cent.

The Balkan country hopes that free, transparent and peaceful elections will help it strengthen its case for EU membership.

THE ASSOCIATED PRESS



Bullet the blue sky

Viktor Mitic's bullet-riddled portrait of Hugo Chávez will be displayed at the Peach Gallery in Toronto in April, but it is still without a name. He has agreed to let Metro readers suggest names, and he'll choose his favourite. Mitic leaves the interpretation of his controversial art to the public, but another one of his bullet-riddled paintings will soon head to Washington, D.C., for an art show against gun violence. Email your suggestions for the Chávez portrait to jessica.smith@metronews.ca. **JESSICA SMITH/METRO**

No foul play found in unexplained death of Russian tycoon: Cops

Autopsy pending. Boris Berezovsky fell out with Putin and fled to avoid fraud charges he said were politically motivated



Boris Berezovsky GETTY IMAGES FILE

British police said Sunday they have no evidence to suggest third-party involvement in the death of Boris Berezovsky, the self-exiled Russian tycoon who went from Kremlin kingmaker to fiery critic.

With an investigation underway, police are treating the death of Berezovsky — who fled to Britain in the early 2000s after a bitter falling-out with Russian President Vladimir Putin — as unexplained. But the former oligarch survived assassination attempts and recently

faced financial difficulties, prompting speculation as to whether his death was part of a conspiracy — or suicide.

Police said Sunday it would be wrong to speculate on how Berezovsky died pending the results of an autopsy.

"We are at the early stages of the investigation and we are

retaining an open mind as we progress," said Detective Chief Inspector Kevin Brown.

Police released some details on the circumstances that triggered their investigation into his demise and a check for hazardous materials at the property in Ascot, a town 40 kilometres west of London where Berezovsky's body was found on Saturday. They said an employee of Berezovsky told how he had called an ambulance after becoming concerned for Berezovsky's welfare and forced open a locked bathroom door to find the tycoon's body on the floor.

After a paramedic declared Berezovsky dead and left the scene, a device measuring his exposure to radiation was triggered, which is why chemical and radiations experts were called to examine the property.

THE ASSOCIATED PRESS

Kerry to Iraq: Don't allow Iran's overflights to Syria

Just days after the 10th anniversary of the U.S. invasion of Iraq, U.S. Secretary of State John Kerry confronted Baghdad for continuing to grant Iran access to its airspace and said Iraq's behaviour was raising questions about its reliability as a partner.

Speaking to reporters during a previously unannounced trip to Baghdad, Kerry said that he and Iraqi Prime Minister Nouri al-Maliki had engaged in "a very spirited discussion" on the Iranian flights, which U.S. officials believe are ferrying weapons and fighters to the

embattled Syrian government.

Kerry said the plane shipments — along with material being trucked across Iraqi territory from Iran to Syria — were helping President Bashar Assad's regime cling to power by increasing their ability to strike at Syrian rebels and opposition figures.

"I made it very clear that for those of us who are engaged in an effort to see President Assad step down and to see a democratic process take hold ... anything that supports President Assad is problematic," Kerry

said at a news conference at the U.S. Embassy in Baghdad.

The overflights in Iraq have long been a source of contention. Iraq and Iran claim the flights are carrying humanitarian goods, but American officials say they are confident the planes are being used to arm the Assad regime. The administration is warning Iraq that unless action is taken, it will be excluded from the discussion about Syria's political future.

U.S. officials say that in the absence of a complete ban on flights, Washington would

at least like the planes to be inspected to ensure they are carrying humanitarian supplies. Former Secretary of State Hillary Rodham Clinton secured a pledge from Iraq to inspect the flights last year, but only two aircraft have been checked by Iraqi authorities, according to U.S. officials.

Kerry also said he urged Maliki and officials to promote unity amid a spike in sectarian violence and called on them to ensure that upcoming elections are free and fair.

THE ASSOCIATED PRESS



U.S. Secretary of State John Kerry arrives to meet with Iraq's prime minister in Baghdad, Iraq, Sunday. JASON REED/THE ASSOCIATED PRESS

Pool Renovation Rate

Our pool area is under renovation, but get a great rate because the pool is unavailable.

- We are close to shopping, restaurants, movie theaters and more.
 - Enjoy our restaurant, lounge & casino.
 - Ask for the Pool Renovation Rate
- Call 1-877-282-2700**

Standard & King Rooms for
Only \$89 (US)
From March 24-April 5th



3803 13th Ave. South Fargo, ND
P: 1-877-282-2700 | F: 701.281.1240 | www.fargohi.com

This offer not valid with any other coupon, discount or promotion. Valid only March 24-April 5, 2013 at the Holiday Inn of Fargo.

UN envoy to Myanmar visits city hit hard by Buddhist-Muslim violence

Grisly sight. Little appeared to be left of some neighbourhoods, where legs of victims could be seen poking out from smouldering debris and ash

The top UN envoy to Myanmar on Sunday toured a central city wracked by the country's worst Buddhist-Muslim violence this year, calling on the government to punish those responsible for a tragedy that left dozens of corpses piled in the streets, some of them charred beyond recognition.

Vijay Nambiar, the UN secretary-general's special adviser on Myanmar, also visited some of the nearly 10,000 people driven from their homes after sectarian unrest shook the city of Meikhtila for several days this week. Most



Myanmar soldiers pick up debris from destroyed buildings in Meikhtila on Sunday following ethnic unrest between Buddhists and Muslims.
KHIN MAUNG WIN/THE ASSOCIATED PRESS

of the displaced are minority Muslims, who appeared to have suffered the brunt of the violence as armed Buddhist

mobs roamed the city.

Nambiar said he was encouraged to learn that some individuals in both com-

munities had bravely helped each other and that religious leaders were now advocating peace. He said the people he

spoke to believe the violence "was the work of outsiders," but he gave no details.

THE ASSOCIATED PRESS

Burst of unrest

Challenging times

The bloodshed marked the first sectarian unrest to spread into Myanmar's heartland since two similar episodes rocked western Rakhine state last year. It is the latest challenge to efforts to reform the Southeast Asian country after the long-ruling military ceded power two years ago to a civilian government.

The bloodshed has raised questions about the government's failure to rein in anti-Muslim sentiment in a predominantly Buddhist country where even monks staged anti-Muslim rallies.

THE ASSOCIATED PRESS



Omega-3 Fatty Acids

Getting to the *heart* of the matter

Every 7 minutes someone dies from heart disease or stroke in Canada. Did you know that silent inflammation in the body is a major contributor to cardiovascular disease? It's true! The key to stopping silent inflammation and improving heart health is omega-3 fatty acids from fish oil.

Norwegian Gold Critical Omega

The ideal choice for someone who wants to maintain their good health.

Norwegian Gold Super Critical Omega

The ideal choice for individuals with cardiovascular issues or those concerned about optimal heart health.

Norwegian Gold Ultra EPA

The ideal choice for anyone with an inflammatory condition or wanting to lower triglycerides.



Norwegian Gold fish oil is designed with heart health in mind. Use this chart to determine which Norwegian Gold fish oil is right for you.



WHICH FISH OIL IS RIGHT FOR YOU?

A	B	C
Choose Norwegian Gold Critical Omega if you checked YES to all of the following conditions:	Choose Norwegian Gold Super Critical Omega if you checked YES to any of the following conditions:	Choose Norwegian Gold Ultra EPA if you checked YES to any of the conditions in column B plus any conditions below:
Normal Cholesterol Levels ☐	Elevated Cholesterol ☐	Chronic Skin Conditions ☐
Normal Blood Pressure ☐	High Blood Pressure ☐	Arthritis ☐
Normal Blood Sugar Levels ☐	High Blood Sugar ☐	Autoimmune Disorder ☐
Normal Triglyceride Levels ☐	Elevated Triglycerides ☐	Allergies ☐
	Circulatory Issues ☐	Chronic Prostatitis ☐
		Inflammatory Bowel Disease ☐
		Asthma ☐
		Pelvic Inflammatory Disease ☐

Look For Renew Life Products At Your Local Health Food Store Or Wherever Natural Health Products Are Sold. To Find A Store Near You Visit WWW.RENEWLIFE.CA Or Call 1-800-485-0960 Ext 3



facebook.com/renewlifecanada
twitter.com/renewlifecanada

RECEIVE \$3.00 OFF
your next purchase of any Norwegian Gold Fish Oil*

Dear Retailer: Renew Life Canada Inc. will reimburse the full value of this coupon on the purchase of the product specified. Other applications may constitute fraud. Applications for reimbursement received after 6 months from the expiry date, as indicated below, will not be accepted. Failure to send in, on request, that sufficient stock was purchased in the previous 90 days to cover the coupons will void coupons. Coupons submitted become the property of Renew Life Canada Inc. Reimbursement will be made only to the retail distributor who redeemed the coupon. For redemption, mail to: Renew Life Canada • 1 • 1273 North Service Road East • Oakville, ON • L6H 1A7.
* Limit one coupon per purchase. Coupon expires May 31st, 2013.



Former Pakistan president Pervez Musharraf arrives at Pakistan's Karachi airport Sunday, ending more than four years in self-exile as he seeks a possible political comeback. SHAKIL ADIL/THE ASSOCIATED PRESS

Musharraf returns from exile to lukewarm welcome

Welcoming party. Less than 2,000 at airport, compared with the hundreds of thousands when Benazir Bhutto returned in 2007

Sunday hoping to make a political comeback despite Taliban death threats and looming arrest warrants. But judging by the lacklustre crowd at the airport to greet him, his biggest challenge could be his waning popularity.

After years on the margins of Pakistani politics, Musharraf is seeking to rebuild his image, hoping to capitalize on an electorate frustrated with

five years of rising inflation, rolling blackouts and security problems.

His return to Pakistan was made easier when a court in Sindh province where Karachi is located granted him pre-emptive bail, which essentially meant he could not be arrested immediately upon landing. But he must appear before a court within 10 days.

THE ASSOCIATED PRESS

Former Pakistan president Pervez Musharraf returned home



Winnipeg Transit

EVERY TUESDAY IS TRANSIT TUESDAY

Read Transit Tuesday in Metro.

Featuring the latest from Winnipeg transit – including transit news, commuter tips and cool promotions - and much more!

metro

News worth sharing.

Home or away, the goal is the same:

RECYCLE ALL YOUR EMPTY BEVERAGE CONTAINERS

You can recycle every kind of beverage container: juice boxes, cartons, cans, plastic and glass bottles. Step up and recycle everything you can.



RECYCLE EVERYWHERE



Recycle Everywhere is a proud partner of the Winnipeg Jets

Winnipeg Jets Defenseman, #44, Zach Bogosian

For more information, visit www.RecycleEverywhere.ca

Cyprus, creditors reach tentative deal on bailout



A man holds up a souvenir Cypriot euro coin lapel pin with a piece taken out in Brussels on Sunday, as EU negotiations were underway to arrive at a deal to save the island nation from bankruptcy. VIRGINIA MAYO/THE ASSOCIATED PRESS

EU financial crisis.

Last-minute agreement will restructure country's second-largest bank and tax large bank deposits

Tense negotiations between Cyprus and its international creditors yielded a preliminary agreement early Monday that paves the way for the cash-strapped island nation to receive a \$13.3-billion bailout, a diplomat said.

The agreement between Cyprus, the International Monetary Fund and the European Commission still needs approval by the 17-nation eurozone's finance ministers, who were also meeting in the same building in Brussels.

Without a deal by Monday night, the tiny Mediterranean island nation of about one million would face the prospect of bankruptcy, which could force it to abandon the euro currency

and spur turmoil in the eurozone of 300 million people.

Under the last-ditch agreement, Cyprus' second-largest bank, Laiki, will be restructured and holders of bank deposits of more than 100,000 euros (about \$132,900) will have to take losses. It was not immediately clear whether the holders of large deposits in the remaining Cypriot banks would also be forced to take losses.

The diplomat, who spoke on condition of anonymity pending the official announcement, did not elaborate on how much large deposit holders would lose. Making them take a hit is expected to net several billion dollars, thus reducing the amount of rescue loans the country needs.

To secure a rescue loan package, Nicosia had to find ways to raise \$7.7 billion so it could qualify for the bailout. It resisted pressure by creditors to also unwind the country's largest lender, Bank of Cyprus.

THE ASSOCIATED PRESS

Smoking. Ex-surgeon general joins board of e-cigarette firm

Former U.S. surgeon general Dr. Richard Carmona, who highlighted the dangers of secondhand smoke and supported a ban on all tobacco products, is joining the board of directors for NJOY Inc., the U.S.'s leading electronic cigarette company — a move that could bring increased legitimacy to e-cigarettes as a viable alternative to traditional cigarettes.

The country's senior public health official under President George W. Bush from 2002 to 2006 will advise the Arizona-based company on public health and regulatory issues. He will also spearhead its research of the battery-powered devices that heat a liquid nico-



Different versions of NJOY electronic cigarettes are shown. A former U.S. surgeon general who supported a ban on all tobacco products will join NJOY's board. THE ASSOCIATED PRESS

tine solution and create vapour that users inhale. The private company's flagship NJOY KING product is the top-selling e-cigarette. THE ASSOCIATED PRESS

Clarification

For BK's turkey burgers, head south of border

Burger King is rolling out turkey burgers for the first time this week, but the new sandwich will be

available only in the U.S., and for a limited time. A previous story in Metro didn't specify where the product would be sold. Recent additions to Burger King's menu in Canada include a pulled-pork sandwich and a chipotle lineup that includes a Chipotle Whopper. METRO

CELEBRATE WORLD WATER DAY, TAKE PART IN AN EXCLUSIVE ONE-TIME PRODUCTION

IMAGINED BY CIRQUE DU SOLEIL

One Night for ONE DROP was performed only once, last Friday in Las Vegas. But you can watch this exclusive performance online until March 31. Order now with a \$5 donation or more to ONE DROP.



ORDER AND WATCH AT ONEDROP.ORG

ALL PROCEEDS WILL GO TO ONE DROP, IN SUPPORT OF WATER FOR ALL, TODAY AND FOREVER.



IT'S TIME TO VOTE!

We have received hundreds of nominations telling the remarkable stories of Canadian Immigrants. Like our past winners, their achievements are inspiring.

Our panel of judges have narrowed it down to 75 outstanding finalists. Now it's your chance to make history, by helping us choose the RBC Top 25 Canadian Immigrants of 2013.

To Vote visit
canadianimmigrant.ca/rbctop25



Title sponsor:



RBC Royal Bank

Presented by:



IMMIGRANT

Associate sponsor:



Media sponsors:



WELCOME GOES TO POTHOLES

I picked up an out-of-town colleague from the airport a few weeks back. Her first impression of Winnipeg was positive, thanks to the swanky air terminal.

But her second impression went a little something like this: "Holy crap! I can't believe the size of the potholes here! This is crazy!"

Maybe this shouldn't be a surprise, since the airport is still new, while many of our roads haven't seen major overhauls since before the old, old airport (not the last one, the one before that) was built. Still, the contrast was extreme.

I couldn't even bring myself to tell her the stretch of road we were driving wasn't all that bad, relatively speaking. Instead, I sheepishly muttered something about how freeze-thaw cycles were difficult on roads.

Ugh. Here I was, facing legitimate criticism of our city, and I responded with the same words our politicians use when making excuses for the problem.



URBAN COMPASS
Colin Fast
winnipeg@metronews.ca

There's no question that weather makes it more challenging to maintain our roads compared to somewhere like Phoenix. But plenty of Canadian municipalities experience the same winter conditions, yet manage to have streets that don't also qualify as carnival rides in the spring.

No, the problem isn't the weather so much as it is the lack of maintenance on our roads, something that makes up a big part of the "infrastructure deficit" we hear so much about.

Mayor Katz was talking about it again last week, after the federal budget was released. He claimed the infrastructure deficit is now at \$3.8 billion, but could grow to \$7 billion in a few years if the city doesn't get more help from Ottawa and Broadway.

But what is the city doing to help itself?

Sure, it increased frontage levies and property taxes to raise more revenue, and now has a road renewal reserve in place to

fund future improvements.

But wouldn't the best way to tackle the problem be to stop building so many new things and focus on fixing the old stuff first?

Over the past few years, city council has endorsed using infrastructure funding to develop a new football stadium, create the Canadian Museum for Human Rights, expand the Winnipeg Convention Centre and build the Youth For Christ Centre. None of this helps the city's bottom line.

On top of that, the council approved adding roughly 742 new lanes of traffic at the IKEA development, and has plans to spend hundreds of millions on new expressways and buildings. As soon as they've been built, these new facilities have to be maintained, contributing even more to that infrastructure deficit everyone claims to be so concerned about.

New projects are exciting, and give the impression of progress. But as shown by a simple trip from the airport, having a bunch of shiny new attractions connected by bombed-out cart paths creates a confusing image of our city, for visitors and residents alike.

ZOOM

HIS SPIDEY BEARD IS TINGLING



Amazing logo spun out of chin hair

An IT specialist has crafted his facial hair in homage to the iconic Spider-Man logo. Chad Roberts' beard recently won him honours at the second annual Garden State Beard and 'Stache competition in New Jersey, with his spider symbol from Spider-Man. Chad's past beards include a Christmas tree and an X-wing spaceship from Star Wars.

For Roberts, whose beard measures just over 35 centimetres long, the Spidey style is one of his favourites: "It translated very well from concept to end result. At first, I tried to do a web but that didn't work out so I opted for the Spider-Man logo.

"Sculpting the beard wasn't as complex as it looks. I just separated it into sections and used plenty of extra-hold hairspray." **METRO WORLD NEWS**

Sunday best

"I normally don't wear my beard like this. On most days I just let it hang. I call this kind of beard my 'Sunday best.' This beard only took me 45 minutes to an hour to sculpt."

Chad Roberts, 35, IT administrator and president of the RVA Beard League

Clickbait



ANDREW FIFIELD
metronews.ca

The best part of living in the future is having a pocket-sized device that connects to the totality of collected human thought with a few taps of a finger. But that's no reason to feel guilty if you just want to kill some time with a little pinball. Here are three apps worth your spare time:

Zen Pinball

If you're not a reality purist, Zen tables are the best bet for high-concept hurry-ups and gimmicks — from the castle sieges of Excalibur to racking up combos as troublemaking kids in the Sorcerer's Lair. (Free/iOS and Android)

Revenge of the Rob-O-Bot

The devotion the shiny chrome finish and dot matrix scoreboard show to the titular robot still doesn't come close to the devotion the developers showed to capturing the physics and sounds of a real table. (\$2.99/iOS and Android)

Pinball Arcade

Nothing gets more pure than real tables. Comes included with a faithful recreation of Tales of the Arabian Nights. But splurge for the in-app purchase of Ripley's Believe It Or Not, a true time-waster packed with objectives for players willing to learn the angles. (99 cents/iOS and Android)

Comments

RE: Sex toy gives singers an extra octave, published March 21

Yeah, he uses it on the OUTSIDE, in case anyone was confused lol. And yeah, people have been doing massages on the larynx forever, he's just probably the first to be in the media for using a vibrator.
eplizo posted to metronews.ca

Gives a slightly new meaning to the term "hummer"...

Jeff Overstreet posted to metronews.ca

A #SouthPark episode in the making....

Mighty-Morphin Larry posted to metronews.ca

WE WANT TO HEAR FROM YOU:

Send us your comments: winnipegletters@metronews.ca



President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shroat • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Winnipeg** Elisha Dacey • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Alison Zulyniak • **Distribution Manager** Rod Chivers • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO WINNIPEG** 161 Portage Ave E Suite 200 Winnipeg MB R3B 2L6 • **Telephone:** 204-943-9300 • **Fax:** 888-846-0894 • **Advertising:** 204-943-9300 • adinfo@winnipeg@metronews.ca • **Distribution:** winnipeg_distribution@metronews.ca • **News tips:** winnipeg@metronews.ca • **Letters to the Editor:** winnipegletters@metronews.ca



Dave Gahan of Depeche Mode performs earlier this year. GETTY IMAGES

Music-making machines

New album.

Depeche Mode Just Can't Get Enough of releasing music, or that bluesy influence

Depeche Mode has released a new album every four years since the early 1990s, so fans weren't surprised by the English band's announcement in late January that its 13th record was coming soon. The blues-tinged Delta Machine is out March 26 and the electronic band has September gigs scheduled at the Molson Canadian Amphitheatre in Toronto and Bell Centre in Montreal. Band member Andy Fletcher talks about what influenced

the new songs, playing 30-year-old hits and the lead single Heaven.

How did the blues inspire you while recording the new album?

We have dabbled in this before, one of our most famous tracks, Personal Jesus, is very linked to blues music. All three of the band members, we have varied tastes in music going back to blues to early rock 'n' roll. I think the interesting thing is the mixing between blues and electronics and I think it really goes well. Obviously some songs such as Slow are more heavily blues influenced but even the tracks that are mainly electronics, you can still hear the blues influence.

What's on the set list for the new tour?

It's difficult getting a set together because there are so many songs now over the years, so many classics, and somehow we have to get a set together that sort of represents our whole career and at the same time make sure the new album gets its songs as well. It's a bit of a process, but I think we're getting there.

Which of the new songs are likely to be played?

Our last album, Sounds of the Universe, I don't think many of the songs really translated live that well, but this album seems to be completely the opposite, it's quite a minimal but powerful album and a lot of the tracks are sounding

very good, like Soft Touch/Raw Nerve. Angel is sounding really, really powerful, and Should Be Higher. We can't play, unfortunately, too many songs from the new album because we have fans that go back such a long way, it'd be a bit selfish, I think, just playing a lot of songs off the new album and disregarding tracks from our career.

Have you considered a modern makeover to older tracks like Just Can't Get Enough that fans want to hear live but no longer reflect your current musical style?

You can't modernize Just Can't Get Enough, it's a classic pop song, it has a classic sound, you just have to play it. It's one of the most famous tracks of the '80s. If

you tried to modernize it, it'd be horrible. I think it stands up as a classic track and obviously you have to position it in the set list where it'll sound the most comfortable, but I think we'd be doing the song — such a part of our history — a disservice to try to modernize it.

Why Heaven as lead single? Was it the label's preference?

I don't think the label would've chosen that song. We just felt it was the right sound to introduce the album. Great song. Commercially it doesn't really stand up, it's too slow, but for us it's the perfect taste for the album itself. ... It is important to us still to have success but not at all costs."

THE CANADIAN PRESS

Leno won't make peace with NBC bosses

Network battle?

Despite being wined and dined, Tonight host is still taking jabs at his employers

Jay Leno is keeping up a comedy assault on his NBC bosses even after being treated to a make-nice dinner.

During his monologue Friday, the Tonight Show host asked his Burbank studio audi-

ence if they'd heard about his "alleged feud" with NBC.

Leno started taking on-air potshots at the network this month amid reports that the network plans to replace him at Tonight with Jimmy Fallon.

According to a NBC transcript from Friday's taping, Leno said that he had dinner Thursday with a "bunch of NBC executives" who offered to make things up to him: He and his wife are going on an all-expenses paid Carnival Cruise, he joked.

In February, passengers endured five nightmarish days on a crippled Carnival Cruise ship in the Gulf of Mexico.

NBC confirmed this week it's creating a new studio for Fallon in New York, where he hosts Late Night. But the network did not comment on a report that the digs at its Rockefeller Plaza headquarters may become home to a transplanted, Fallon-hosted Tonight.

This isn't the first time the Tonight stage has been used for a workplace dispute. In 2010,

when Conan O'Brien briefly took over as Tonight host and Leno was moved to prime-time at NBC, the two traded on-air barbs.

Although late-night hosts are known for needing their network bosses, the timing of Leno's latest jabs seemed to make NBC's executives particularly uncomfortable and they asked him to stop. They don't want a repeat of the publicly messy turnover of just three years ago.

THE ASSOCIATED PRESS



Jay Leno. THE ASSOCIATED PRESS

10TH ANNUAL BEST NEW PRODUCT AWARD WINNERS



10TH ANNUAL BEST NEW PRODUCT AWARD WINNERS



The 10th annual Best New Product Awards program focuses on everyday food, beverage, health, beauty and household products. More than 93,000 Canadian consumers from coast to coast voted in this year's study to pick the 2013 Best New Product Awards winners. Developed and backed by leading independent market research firm BrandSpark International, the Best New Product Awards has become the Canadian shoppers' seal of approval.

The winning products make one great shopping list! Download it at metronews.ca/bestnewproducts

Over 93,000
Canadians voted.
And Walmart has
the winners.*

Try a winner at Walmart!

We invite you to come and try some of the 2013 Best New Product Award winners* in select Walmart stores across Canada between April 4th and 7th.

Visit see.walmart.ca/BNPA for dates, times and locations.**

Available at
Walmart

*Based on national study by BrandSpark International. Winners chosen from select new products in Canada between November 8th, 2012 - December 16th, 2012. For more information visit www.bestnewproductawards.biz
**Dates subject to change. While quantities last.

Date night... at home!

When you think "date night," you may envision a night on the town or a fancy and expensive restaurant dinner. That, and the babysitter, the outfit, the hair...it



might all seem a touch overwhelming and extremely pricey. So spend date night at home! You can and still make it romantic

and do it for a fraction of the price with a Pepperoni Pesto Ristorante Pizza from Dr. Oetker.

Put the kids to bed early or send them over to grandma's. Set your table with beautiful blooms, soft candlelight and your best dinnerware. Turn on the music and turn off the phones. Dress up like you're heading out – and you're all ready to stay in!

You don't have to spend hours in the kitchen to create an amazing dinner. Pair your pizza with a bottle of medium-bodied dry Chianti – the perfect wine to bring out the flavours of the pizza. Add a tasty caprese side salad: sliced ripe tomatoes and fresh mozzarella sprinkled with basil leaves (torn into bite-size pieces), and dressed with salt, pepper and olive oil. Finish your meal with a sinfully good dessert, like a fluffy Dr. Oetker Milk Chocolate Mousse. It's a deliciously decadent meal that's perfect for a special evening!



DR OETKER RISTORANTE PEPPERONI PESTO | OETKERMOMENTS.CA

Inspired by the traditional pizzerias of Italy, our Ristorante pizzas are made with rich, artisanal toppings on a crispy, thin-crust base. Enjoy the unique combination of pepperoni, authentic Italian pesto, and cherry tomatoes together on our traditional thin crust pizza. Try one today and take your taste buds on a trip to Italy, wherever you are.

Visit us at metronews.ca/bestnewproducts



WE SPOKE TO CANADIAN CONSUMERS

NEW

TROJAN[®]

LUBRICANTS



for a
**Crazy
SEXY
Feel[™]**

- Continuous Lubrication for Uninterrupted Pleasure
- Non-sticky & Mess Free
- Unscented & Clear



INDULGE YOUR ADVENTUROUS SIDE.

TrojanLubricants.ca

MERS — 93,000 OF THEM, ACTUALLY.

YOUR EVERY DAY DESERVES CANADA'S BEST NEW PRODUCTS.*

“Convenient easy use,
use in cold water, works
on stains & I trust brand.”
- JODY B.

“I love the great smell and how
quickly it works to remove
odours in the carpet. And I
have always chosen and trusted
Arm & Hammer products.”
- ASHLEY R.

“A new experience in the bedroom”
- CAROLINE D.
“...discreet packaging...”
- ANGELA N.



“The lubricant inside and
out makes using them
pleasurable for both
myself and my husband.”
- VICTORIA H.

“My skin stays smooth
for several weeks, no
imperfections after hair
removal and skin does
not become dry.”
- SONIA D.



* According to results of the 2013 BrandSpark Best New Product Awards. The Best New Product Awards logo is a trademark of Best New Product Awards Inc., used under license.

Imagine what our products can do for you.





HAVE YOU TRIED THE BEST?

Cold sore help

Cold sores aren't a problem for everyone but for those who suffer, outbreaks can be painful, uncomfortable, and embarrassing. In fact, up to 90 per cent of adults carry the virus (HSV-1), but only 20 to 40 per cent will ever experience a cold sore outbreak.



Most cold sore sufferers aren't exactly sure when they first encountered the virus, but once contracted the virus never leaves the body.

Not everyone's cold sore is triggered by the same thing. But there are several common factors that may cause your outbreaks. Knowing general cold sore triggers can help you identify personal triggers and take the necessary steps to manage them.

First, boost your immune system by getting plenty of rest and exercise and eating a balanced diet. Reducing the

stress in your life is also important. Keep your lips moisturized – drink plenty of water to stay hydrated and use sunblock on your lips all year round to protect your lips from sun and from winter cold.

Treat your cold sore early for best results. The best time to start treatment is when that tingling sensation first happens, before any visible sign of a cold sore appears. When it comes to treating a cold sore, you'll hear advice on everything from home remedies to lip balm cures.

Learn the cold sore facts so you can face every cold sore with confidence. Ice, vinegar, tea bags, camphor, menthol or phenol may provide temporary relief, but they won't make your cold sore disappear faster. Look for products that contain the medicinal ingredient, docosanol, which is clinically proven to shorten the duration of a cold sore.

Remember to avoid transmitting the virus to others through skin contact. Also, wash your hands frequently if you've touched your lips or brushed your teeth to avoid spread of the virus.



NEW ABREVA PUMP: CONVENIENT, DURABLE AND PORTABLE | ABREVA.CA

When you get a cold sore, you want to get rid of it fast. Only Abreva contains docosanol. Abreva is clinically proven to shorten cold sore healing to as little as 4.1 days.* It helps reduce the duration of burning, itching, tingling and pain, so you can get back to yourself.

To be sure this product is right for you, always read and follow the label. *In clinical testing Abreva® is proven to reduce median healing time of cold sores to 4.1 days vs. 4.8 days placebo. Abreva® is the #1 recommended brand for cold sores by pharmacists. Data on file. TM® or licensee ©2013 GlaxoSmithKline.

All about balance



ASTRO Zero% SUPERBERRY YOGOURT | ASTRO.CA

Astro Zero® SuperBerry is a great choice for the yogourt lover who understands the benefits of maintaining a healthy body weight. With only 35 calories per 100g serving, Astro Zero® is naturally flavoured, a source of 7 vitamins and minerals and Health Check endorsed. Available in 4 unique Superberry combinations: Triple Berry, Pomegranate Berry, Cranberry Raspberry and Acai Berry. Zero Fat, Zero Aspartame, Zero Sugar Added - Zero Compromise.

Good balance. It's what we all strive for in our lives – the healthy combination between work and play, performance and rest, and eating right and exercising. If you need help getting motivated to exercise and enjoy a nutritious diet, know that the health benefits can't be overstated. Good eating starts with a variety of foods from the four food groups in Canada's Food Guide – plenty of fruits and veggies, whole grains and low-fat dairy products, along with lean meats and meat alternatives. Healthy diets also minimize intake of foods high in saturated fat, cholesterol, sodium and sugar.

Why dairy? There's no better and more natural way to get the calcium you need for strong teeth and bones. If getting enough dairy in your diet is a challenge because you're not a milk drinker, yogourt supplies calcium along with other important nutrients like vitamins A and D in a tasty, low-fat and low-calorie package. It's also

easier to digest for those who have difficulty with dairy foods – and it's a great choice for anyone looking to maintain a healthy weight. Remember to balance healthy eating with 30 to 60 minutes a day of exercise – walk, cycle, do aerobics or swim and lift weights to maximize your health benefits.



Visit us at metronews.ca/bestnewproducts



Amanda Bynes ALL PHOTOS GETTY IMAGES

Come home Amanda!

Amanda Bynes' family is reportedly very concerned about the troubled actress and wants her to move back to Los Angeles where they can keep a better eye on her, according to E! News. The accident-prone starlet has been living it up in New York, tweeting pictures of her outlandish recent make-

over and a new cheek piercing along with bizarre and nonsensical declarations like "Baby corn and fried tofu," "Fear is pain arising from the anticipation of evil" and "I created the phrase lly and lololol."

Bynes has reportedly refused her family's requests that she move back to L.A.

Twitter



@Sethrogen

If you're like me, you're awake right now on hour 3 of 14 of smoking a brisket.



@JimCarrey

Hunters hang animals up on their walls. I kill mosquitos but their little heads r hard to mount!



@justinbieber

Back to the #longestbusrideever



@ABFoundation

When playing the losing attorney in a case, always wear a suit with a vest.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Emma Watson isn't getting spanked and Bradley Cooper likes them young



STARGAZING

Malene Arpe
scene@metronews.ca



Bradley Cooper

Hansel & Gretel: Witch Hunters is getting a sequel after doing surprisingly great box office numbers overseas.

The tentative title of the sequel is Jeremy Renner and Gemma Arterton: Contractual Obligation Loophole Hunters.

Tired of the rumours, Emma Watson tweets, "Who here actually thinks I would do 50 Shades of Grey as a movie?"

Like really. For real. In real life "Well, I kinda do," says Bobby, the Hermione-obsessed whip-and-chains enthusiast.

Bret Michaels turns down an offer to strip for Chippen- dales. That's terrible news for all the women who were hoping to see what he looks like under his wig.

The Kardashian sisters compare the smell of their lady parts on Kourtney and Kim Take Miami. Appropriate responses to this: 1) Ewww. 2) Blergh. 3) Ugh. 4) Where are we as a civilization and

can anything get us back from the brink? Read more at ewwwblerghugh.com.

Liev Schreiber comes to the aid of a woman who was involved in an accident outside his house. Long-time celebrity rescue champion Ryan Gosling immediately runs out the door and tackles a random senior citizen while whispering, "you're safe, you're safe now."

Selena Gomez said she made Justin Bieber cry. Then Justin's fans said Selena makes them cry. Then the Devil laughed.

After saying he would never date Jennifer Lawrence because she could be his daughter, Bradley Cooper is now dating a 20-year-old model. "That comment was taken completely out of context and twisted around by the stupid press," says Bradley. "What I meant to say is that I wouldn't date Jennifer because she repeatedly turned me down."



Ashton Kutcher

Kutcher taking vow of silence on relationship

Ashton Kutcher has vowed to keep his mouth shut when it comes to dishing on his relationship with Mila Kunis after how things turned out with ex-wife Demi Moore.

"You know, I've learned the hard way how valuable privacy is," Kutcher

tells Elle magazine. "I've learned that there are a lot of things in your life that really benefit from being private. And relationships are one of them. And I am going to do everything in my power to have this relationship (with Kunis) be private."

METRO MONDAY
madness

HEY, WINNIPEG!

Present THIS coupon on Mondays at all participating Sals for your free* Mr. Big Nip!

*with purchase of fries

metro



SALS XPRESS

FREE
MR. BIG NIP

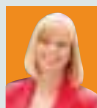
*with purchase of fries

Coupon valid only on Mondays at all participating Sals Xpress and Family Restaurant locations. Not valid with any other coupon or special offer. Expires: April 29/2013. Coupon #535.

Sals - Your House, Your Food, Your Way
salisburyhouse.ca

Book excerpt

Brand extension



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

The next time you visit a corporate website, look at the "About Us" page. Most feature

a mission statement — a few sentences or paragraphs that tell the world what the company does and what it wants to accomplish. As the boss of your family, you will likely find a mission statement handy, if for no other reason than to remind yourself of what you were thinking when you brought these people into the world.

Corporately, a mission

statement should address the employees, the shareholders, and the customers.

- Employees: The members of your family.
- Shareholders: Any relative or friend who has invested in you and wants you to be successful.
- Customers: Our neighbours, friends, acquaintances; everyone we interact with on

a daily basis.

A mission statement should easily and clearly define who you are and what you do. Make a list of words that mean something to you, that reflect the attitudes or approaches you feel are important: commitment, knowledge, quality, or wherever your focus needs to be. String ideas together until you come up

with a mission statement of your own. I worked with keywords such as know, admire, inspire, value, personal mastery, and focus, and boiled it down to this: "Do your best. People are watching."

EXCERPTED FROM *I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY "THE BUSINESS"* BY KATHY BUCKWORTH. PUBLISHED BY MCCLELLAND & STEWART, 2013. AVAILABLE IN BOOKSTORES EVERYWHERE

Easter and April Fool's in one

Crafts. Paint, foil transform papier-mâché eggs into faux chocolate Easter treats

Easter and April Fool's Day may be far apart in spirit, but they're jammed together on the calendar this year. Here's a quick and inexpensive craft project that can carry over from one to the other: faux chocolate eggs.

Given people's weakness for chocolate, you likely can't put out a bowl of pretty foil-wrapped chocolate eggs a week before Easter and expect them

Materials

- papier-mâché eggs
- brown satin finish spray paint or acrylic craft paint
- satin finish clear sealant or varnish (if using craft paint)
- paint brush (if using craft paint)
- large cardboard box lined with waxed paper or parchment paper for containing over-spray (if using spray paint)
- foil sheets made for candy wrappers
- white glue or Mod Podge



These faux-chocolate Easter eggs make a great decoration. HOLLY RAMER

to last until the holiday. But you can get the same effect — without the temptation — by painting papier-mâché eggs and partially wrapping them with pastel-hued foil. Piled in a glass canister or arranged in a simple bowl, these eggs make a sweet Easter display that will last for years.

Instructions

1. If using spray paint, place eggs in lined cardboard box and, working in well-ventilated area, apply several coats of paint. Follow directions on canister to determine drying time between coats. Turn eggs to make sure you are painting all sides. Three or four light coats

of paint should be enough.

2. If using craft paint, use brush to apply three coats of paint, allowing eggs to dry between coats. If using craft paint, apply one coat of satin finish varnish. Allow eggs to dry.

3. Cut piece of coloured foil a

Exclusively online

Nap time is the most wonderful time in Mommy's day. In theory. Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices



bit taller than height of egg and wide enough to wrap around it. Cut slits roughly 1-inch long along one of the long edges. This will make it easier to fold the foil tightly around the bottom of the egg.

4. Brush glue or Mod Podge on the lower 2/3 of an egg, then wrap foil around egg, with fringed edge at the bottom, wider end of the egg.

5. Brushing on more glue as needed, press foil tightly against egg, overlapping the cut pieces at bottom. At top, squeeze the foil together and twist it tightly. Cut off the excess.

6. Once the egg is entirely covered in foil, peel some off to create the appearance of a candy egg that's been partially unwrapped. **THE ASSOCIATED PRESS**



Pregnancy trends for 2013 include ultrasound parties. ISTOCK

Keeping it trendy during pregnancy

BRIA
MARIETTE
Metro World News in New York

Fear not, moms-to-be, being pregnant doesn't mean you have to give up on the trends.

We caught up with Elena Mauer, deputy editor of Thebump.com, to learn what first-time moms should look out for this year.

Going green ... with baby names

Pantone named emerald as the colour of the year for 2013, so

expect to see baby names like Hunter, Jade, Kelly and Forest increasing in popularity in the coming months. Even celebrities have been swept up in the trend (Drew Barrymore named her new baby girl Olive).

Ultrasound parties

Parents-to-be are going beyond the usual baby shower or gender reveal party. Now more extravagant measures are popping up, including ultrasound parties, where a medically trained technician is invited to perform the procedure in the

living room for all of your loved ones to see.

Mommy-moons

Move over, baby-moons. Soon-to-be moms are taking what Thebump.com calls "mommy-moons," mini getaways that pregnant women can take with their girlfriends before the arrival of the baby. Beach vacations, spa trips and pampering parties are the most popular choices. "Pregnant women are looking for ways to pamper themselves (and) spend time with their friends before the

baby arrives and they become very busy," says Mauer.

Neon Nurseries

Gone are the days of the traditional pink and blue colour scheme for baby rooms. "In 2012, there was a lot of neon in fashion," Mauer says. "You saw it on the runway, and now people are bringing it into their nurseries." You are more likely to see neon pink bedding, or a neon green table cover that adds mild pops of color and a bit of trendiness to the nursery.

There's a language in your limbs: Put your best foot (and hand) forward

Let me see your body talk. Interview success is not all about what you say

YLVA
VAN BUUREN
CareerBear.com

OK, listen up. Research shows that body language during a job interview can be more important than what you verbally communicate.

"At a rational level, that's hard to comprehend," says Stefan Danis, CEO of Man-

Mind your Ps and Qs

Don't forget good manners

- Protocol should be observed, which means you only sit down when the interviewer has sat down. Be aware of body language in the reception area too.
- Don't be dismissive, over-excited or rude. Be engaged, warm and observe any rules such as signing in and putting on an ID badge.
- At the end of the interview, only stand up when the interviewer has stood up. If they've wrapped it up and are taking notes, you could ask if you may leave — or engage them a little more by asking how you did.



Late night last night? This ain't the time to let that show. ISTOCK

drake and NEXCareer. "But at an emotional level, we have sensors that catch other parts of one's behaviour around body language, voice inflection and general energy level, and the evidence shows that it's 90 per cent of the experience that's remembered whereas content — or the answers during an interview — is less than 10 per cent. We

remember how the individual interviewed, not what they said."

This means, even though you could have the most riveting answer to that question about your leadership style, if you answer in a monotone voice with your arms crossed and looking out the window, your response will mean nothing.

Here are seven ways body

language can help you get the job:

Be the follower

If the interviewer comes to get you, follow them through their office, and don't lead in any way. When you get to the room, quickly assess the potential tactical advantage in terms of where you should sit. Again, the choice should place the interviewer in the

head position (such as the head of the table). If you're making a presentation as part of the interview process, it's appropriate to stand but best to ask permission, says Danis.

Make a good first impression

When you first meet your interviewer, be sure to radiate positive energy and avoid a

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.



"claw-like" or clammy handshake. Consider tilting your hand a little bit to give the other person the higher hand.

Friendly body language

Avoid crossing your arms and leaning back in your chair, which may force the interviewer to lean forward. Leaning in is a friendlier posture. Also, don't fidget. And demonstrate that you are organized by being tidy with your laptop, purse, etc., when you first arrive.

Make eye contact

Avoid looking down or away from the interviewer, because not giving proper eye contact may signal a lack of interest, says Danis. Taking notes during the interview shows focus and interest in what the interviewer is saying. It also gives you a bit of a break from constant eye contact. "In any case, it should never be a stare-down — 75 per cent of the time, look into the person's eyes, particularly when they're talking."

Are you a person with a disability who is thinking about working, but you are not sure where to start?

- Do you want to explore the possibility of working?
- Do you need help to find work?
- Need help connecting with employers that are looking to hire?
- Are you wanting to enhance your skills?

INFORMATION SESSIONS:

Every Wednesday at 10:00 AM, 1:15 PM and 2:30 PM

STAGES OF CHANGE PROGRAM

Opportunities for Employment

3rd Floor, 294 Portage Avenue, Winnipeg, Manitoba

Phone: 204-794-1060 Fax: 204-925-3499

Email: ofe4change@ofe.ca www.ofe.ca

**Free services available to help
you determine your next step**



opportunitiesforemployment
HOPE IN ACTION





Establishing trust between teacher and student is the key to educating adult learners of today. iStock

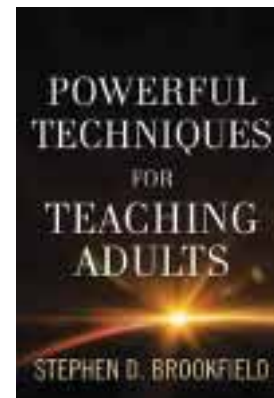
The perils of giving power to the pupils

What do you want from me? When trust issues get in the way of your teaching techniques

BRUCE WALSH
Metro World News

University of St. Thomas professor Stephen D. Brookfield is perhaps the most prolific writer on adult higher education in the U.S. His books use personal experience to flesh out his teaching philosophy. Brookfield's latest, *Powerful Techniques for Teaching Adults*, takes a look at power dynamics.

"Power is everywhere in the classroom. You can't avoid it," he says from his office in Saint Paul, Minn. "So I thought, instead of writing a book that's full of these approaches — which



is probably what people are expecting — let's examine how these power dynamics skew the way teaching techniques are experienced by students."

Powerful Techniques touches on a number of concepts Brookfield has written about before: developing critical thinking, facilitating discussion, utilizing the cre-

ative arts. But this time the author emphasizes the adjustments he has made to his teaching style due to notions of power and trust.

Though Brookfield is still a believer in student-controlled, self-directed learning, he now introduces the concept with more than a touch of caution.

"If I'm asking people to make decisions about the curriculum, or I'm involving them in setting up the grading system, one of the responses I often get is: 'You're playing a game with us and we don't know what your agenda is,'" he explains.

"So now I begin by saying, 'Here are the non-negotiable things about the class; here are the things I want you to decide; and here are places where we can negotiate.' By being less naive about us all having the same power, I'm able to gain a student's trust and build something from there."

Reach beyond

at Red River College

Continuing Education offers hundreds of personal & professional development courses and programs to help you succeed. Yours to explore.

Register
now 2013
for the Spring/Summer

Visit rrc.ca/coned to download the Spring/Summer 2013 Course Schedule.
204.694.1789 or 1.866.242.7073
cde@rrc.ca
rrc.ca/coned

 **RED RIVER COLLEGE**
OF APPLIED ARTS, SCIENCE AND TECHNOLOGY

Knowing how to make your net work

Bank on that buzzword. Experts weigh in on how to meet, greet and repeat

JULIA WEST

Metro World News

It's an expression you can't escape: "networking." There's no shortage of networking events taking place in your area, but simply showing up to one of these schmooze-fests isn't enough. We learned a few tricks to help you work the crowd and leave an event with the business card that will help you get your next job.

Listen to people

Pay attention to what people are doing, who they're working with and what their background is. Bill Corbett Jr. is president of Corbett Public Relations, Inc. and has two decades of networking experience.

"If somebody is pushy, they are not networking," he says. "A businessperson needs to



Remind yourself that every hearty shake could lead to a handful of opportunities. ISTOCK

listen 80 per cent of the time and speak 20 per cent of the time. Learn to ask the right questions."

Look approachable

Try to give the impression that you are completely at ease,

even when you aren't. If you relax, you will appear more approachable, and you'll certainly enjoy yourself more.

Having your phone out is distracting and can turn people off. "Put your electronic device away, and be

engaged with everything that is going on around you," says Christina Steinorth, psychotherapist and author of Cue Cards for Life: Thoughtful Tips for Better Relationships.

"If you're constantly texting or talking on your smartphone, others will feel that you are only present at the event to go through the motions," she adds.

Quality over quantity

The goal is not to leave with your pockets stuffed with business cards.

- "Sometimes I have left networking events with more than 40 business cards. That's way too many," says

Vicky Oliver, author of 301 Smart Answers to Tough Interview Questions.

- "It's better to have two or three leads but then really follow up with them." Speak with these people again.

"The secret of getting ahead is getting started"



Programs Available:
PC Service Tech, Computerized Accounting,
Computerized Office Assistant, Entry Level Baking,
Culinary Arts, Hospitality & Tourism

5th Floor - 319 Elgin Avenue 204-944-8202 www.patalvoc.com f

SCHOLARSHIPS ARE FOR
Everyone



OVER **\$100 million** available



Scholarships are not just about grades



Scholarships are not just from schools



Scholarships are all year round



Sign Up. Get Matched. Start Today.
www.ScholarshipsCanada.com

SCHOLARSHIPSCANADA.com

Gain the skills Winnipeg Employers Want!

Network Engineering Program. Get MCSA Server 2008 Certified.



why Robertson?

- ✓ STUDENT LAPTOP PROGRAM
- ✓ CONVENIENT START TIMES
- ✓ HANDS-ON LEARNING
- ✓ CAREER SERVICES
- ✓ FINANCIAL AID TO THOSE WHO QUALIFY
- ✓ BE PREPARED TO CHALLENGE THE MCSA, COMPTIA A+ & CCNA CERTIFICATIONS

scan QR code for more info!



classes start in April!

204.800.7933

www.robertsoncollege.com

**ROBERTSON
COLLEGE**

Butter Chicken can be a healthy choice — seriously

A little prep in the morning will go a long way in creating a flavourful and nutritious family meal that cooks while you are at work.

Start with spice-coated chicken and a healthy pantry staple pasta sauce. Let it simmer all day in the slow cooker. Finish it off with rich Greek yogurt and lime at dinnertime.

This dish can be served over quinoa or basmati rice.

You can also make extra of the spice mixture and store for your next “better for you” Butter Chicken.

This traditionally rich Butter Chicken dish is slimmed down in sodium and fat while maintaining amazing aromas and flavours. For a 250 gram serving, the dish comes in at 307 calories.

1. In small bowl combine all spices, set aside.

2. Place onion in ceramic insert of slow cooker; add chicken; sprinkle with spices then



This recipe serves six. NEWS CANADA

top with butter and Healthy Choice Diced Tomato with Onion and Garlic pasta sauce.

3. Stir, cover and cook on high 4 to 6 hours or on low 8 to 10 hours.

Ingredients

- 2 tsp (10 ml) each ground ginger, curry powder
- 1 tsp (5 ml) each ground cumin, cinnamon, coriander
- 1 medium onion, finely chopped (about 1 1/2 cup/375 ml)
- 1 1/2 lb (675 g) boneless, skinless chicken breast, cubed into 2-inch (5 cm) pieces
- 2 tbsp (30 ml) melted, unsalted butter
- 2 cups (500 ml) Healthy Choice Diced Tomato with Onion and Garlic pasta sauce
- 1 tbsp (15 ml) lime juice
- 1/2 cup (125 ml) 0% fat, plain Greek yogurt
- 1/4 cup (50 ml) chopped cilantro, to garnish

4. Stir in lime juice and yogurt before serving. Garnish with cilantro.

NEWS CANADA/ FACEBOOK.COM/HEALTHYCHOICECANADA

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com

When you're on the run, Tim Hortons is not only great for coffee but also for a quick bite. Just be careful what you bite into.



Tim Hortons BLT on a whole wheat bun

400 calories/ 18 g fat
With extra bacon and light mayo, the fat is close to double that of the chicken club.

Equivalent

One Tim Hortons BLT on a whole wheat bun is equal in fat to 28 Schneider's Country Natural ham slices.



Tim Hortons Toasted Chicken Club on a homestyle soft bun

380 calories/ 7 g fat
Chicken is a better protein and it's served with a mustard that is lighter than mayo, saving you half the fat.

BREAKFAST • LUNCH • CATERING

Homestyle Breakfasts

Omelettes • Wraps • French Toast
• Denvers & more!

"Great deli highly recommended for lunch or breakfast."
-Urbanspoon review

NATHAN DETROIT'S
Sandwich Pad

Richardson Centre
Concourse
(204) 943-1034

Dinner. Chicken and Vegetable Curry



about 10 mins.

2. Taste and stir in more curry paste, if desired. Add broccoli and lentils; bring to boil, cover and cook 5 mins. or until broccoli is crisp-tender. (Alternatively, to keep broccoli bright green, steam on stove separately and stir it into curry at the end of cooking time.)

3. Stir in coriander. Serve topped with dollop of yogurt.
THE CANADIAN PRESS/ MUSHROOMS.CA

Ingredients

- 30 ml (2 tbsp) vegetable oil
- 1 medium onion, cut in thin wedges
- 500 g (1 lb) sliced fresh mushrooms (white or cremini)
- 2 cloves garlic, minced
- 45 to 60 ml (3 to 4 tbsp) mild Indian curry paste
- 5 ml (1 tsp) cinnamon
- 500 g (1 lb) skinless, boneless chicken thighs, cut into quarters
- 1 can (796 ml/28 oz) diced tomatoes (undrained)
- 750 ml (3 cups) small broccoli
- 1 can (540 ml/19 oz) lentils, drained and rinsed
- 125 ml (1/2 cup) chopped fresh coriander
- 125 ml (1/2 cup) plain low-fat yogurt

Here's a quick curry to make on those weeknights when time is at a premium.

Prepared curry paste is available in many supermarkets or Indian specialty stores. You can substitute a hotter version for the mild if you like spicier food.

Serve the curry with naan bread or basmati rice. Any leftovers can be heated and rolled up in a warm roti or whole-

wheat tortilla.

1. In deep non-stick saucepan, heat oil over med-high heat. Add onion and stir-fry 3 mins.; add mushrooms and stir-fry 4 mins. or until lightly browned. Stir in garlic, 45 ml (3 tbsp) of curry paste and cinnamon; add chicken and stir-fry 3 mins. Stir in tomatoes with juice; cover and reduce heat to med-low and cook

IndyCar

Hinchcliffe takes first checkered flag

James Hinchcliffe, the Canadian driver poised to become IndyCar's next star, grabbed his first-career victory Sunday.

Fittingly it came at St. Petersburg, the adopted hometown of the late Dan Wheldon, the driver who signed to drive the GoDaddy car for Andretti Autosport shortly before his death in the 2011 season finale at Las Vegas.

The open seat then went to Hinchcliffe, who drove the bright green No. 27 to victory in front of Wheldon's wife and two children.

Hinchcliffe, from Oakville, Ont., passed Helio Castroneves on the final restart to take the lead and held on to win by 1.09 seconds over the defending race winner.

THE ASSOCIATED PRESS

NHL

Penguins pry Morrow from Stars

The streaking Pittsburgh Penguins acquired forward Brenden Morrow from the Dallas Stars on Sunday to bolster the team's second line.

Pittsburgh sent defenceman Joe Morrow, the team's first-round pick in the 2011 draft, and a fifth-round choice this year, to Dallas in exchange for Morrow and the Stars' third-round pick in the draft.

The 34-year-old Morrow has 243 goals and 285 assists in 835 games, all with Dallas. The Carlyle native will become a free agent at the end of the season. He waived his no-trade clause to move to the Penguins.

THE ASSOCIATED PRESS



Jets defenceman Tobias Enstrom scores on Lightning goalie Cedrick Desjardins in the second period on Sunday night at MTS Centre. MARIANNE HELM/GETTY IMAGES

Little's offence keys big victory for Jets

NHL. Forward's three-point night helps Winnipeg end two-game slide

Bryan Little had a goal and two assists as the Winnipeg Jets made the Tampa Bay Lightning's bad day worse with a 3-2 victory on Sunday.

Earlier in the day, the Lightning announced head coach Guy Boucher's firing. Assist-

On Sunday

3	2
Jets	Lightning

ants Martin Raymond and Dan Lacroix shared coaching duties for the game against the Jets.

Defencemen Dustin Byfuglien and Tobias Enstrom also

scored for Winnipeg (17-14-2), while Blake Wheeler picked up two assists.

Steven Stamkos scored his league-leading 22nd goal of the season on the power play and rookie Cory Conacher also scored for the Lightning (13-18-1).

Winnipeg goalie Ondrej Pavelec made 23 saves, while Cedrick Desjardins faced 24 shots for the Lightning.

The victory snapped the Jets' two-game losing skid — they were outscored 10-1 by

Washington in those losses — and keeps them atop the NHL Southeast Division and the third seed in the Eastern Conference.

While the Lightning spent a lot of the first period in Winnipeg's end, it was the Jets who scored first when Little sent a wrist shot over Desjardins' glove at 14:02.

Winnipeg made it 2-0 just 11 seconds after Lightning centre Tyler Johnson was called for tripping early in the second.

THE CANADIAN PRESS

Eagles first No. 15 seed to make Sweet 16



Brett Comer, centre, of the Florida Gulf Coast Eagles, celebrates in the second half alongside Jamaal Franklin of the San Diego State Aztecs on Sunday in Philadelphia. ELSA/GETTY IMAGES

Not even many basketball fans knew about Florida Gulf Coast just a couple of weeks ago. They do now — the Eagles are the first No. 15 seed to make the Sweet 16.

Bernard Thompson scored 23 points and Sherwood Robinson added 17 to lead FGCU to its second NCAA tournament win in as many tries, an 81-71 victory over San Diego State on Sunday night.

FGCU (26-10), which shocked the world in the

On Sunday

81	71
Eagles	Aztecs

second round with a 78-68 victory over second-seeded Georgetown, was just as entertaining and impressive in the third round, again using

a big second-half run to take control of the game.

Now, the Eagles will face an opponent that should know a lot more about them. Third-seeded Florida will play FGCU on Friday night in the semifinals of the South Regional in Dallas.

The upstart state school against the main campus. Seems right up FGCU's alley.

Jamal Franklin had 20 points for the seventh-seeded Aztecs (23-11).

THE ASSOCIATED PRESS

Calgary's Linden Gaydosh wows CFL top brass at Toronto combine

CFL draft. Defensive lineman receives high praise from Ticats, who get first dibs in this year's draft

Prospecting

"Big, strong, he's powerful.... He has really good feet and movement skills for his size."

Hamilton Tiger-Cats head coach and GM Kent Austin on CFL prospect Linden Gaydosh. The Ticats pick first in the upcoming draft, and could go after the Peace River, Alta., native.

Linden Gaydosh showed Sunday why he's a top prospect for this year's CFL draft.

The six-foot-four, 290-pound Calgary Dinos defensive lineman was virtually unstoppable in 1-on-1 drills at Varsity Stadium in Toronto on the final day of the CFL combine. His dominant on-field performance came a day after finishing second overall in the bench press (personal-best 36 reps) and posting a solid 33.5-inch vertical jump.

Much was expected this weekend from the native of Peace River, Alta., who finished the season ranked No. 3

on the CFL scouting bureau's list of top-15 prospects for the league's May 6 draft. Gaydosh more than delivered as his performance Sunday had people buzzing.

"I was ecstatic ... everything went the way I planned," said Canadian university football's top rookie in 2009. "I showed the best stuff I had and hopefully that's what they (CFL officials in attendance) wanted."

Jim Barker, the general manager of the Grey Cup-champion Toronto Argonauts, said Gaydosh solidified his status as one of the top draft-eligible players.

"He's what was advertised, a very physical guy," Barker said. "He showed why he's one of the top players in this draft."

"That's what this does a lot of times, it kind of separates the top guys from the not so top guys."

Gaydosh certainly moved into the conversation of potential favourites to be taken first overall in this year's draft. Other candidates include McMaster offensive lineman Matt Sewell and Regina Rams defensive tackle Stefan Charles, but there's no doubt in Gaydosh's mind he improved his draft stock this



Defensive lineman Linden Gaydosh gets grabbed by defensive lineman Corey Watman at the CFL combine on Sunday in Toronto. COLIN MCCONNELL/TORSTAR NEWS SERVICE

weekend.

The Hamilton Tiger-Cats hold the No. 1 pick and fortunately have the luxury

of time. With Sewell and Charles both garnering interest south of the border, exactly who the Ticats take first

overall should become clear following next month's NFL draft.

THE CANADIAN PRESS



Download Canada's top rated newspaper app today

★★★★★

"I love this app, it keeps me up to date with what's going on in the city and around the world."

— NB

SOURCE: Based on average rating on the Google Play™ store as of February 11th, 2013 from 1892 ratings compared to all other Canadian newspapers. Google Play is a trademark of Google Inc.

metro

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	55	14	.797	—
New York	42	26	.618	121/2
Indiana	43	27	.614	121/2
Brooklyn	40	29	.580	15
Atlanta	39	31	.557	161/2
Chicago	38	31	.551	17
Boston	36	33	.522	19
Milwaukee	34	35	.493	21
Philadelphia	26	42	.382	281/2
Toronto	26	44	.371	291/2
Washington	25	44	.362	30
Detroit	24	47	.338	32
Cleveland	22	47	.319	33
Orlando	18	52	.257	371/2
Charlotte	16	54	.229	391/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	53	17	.757	—
Oklahoma City	52	19	.732	11/2
Denver	49	22	.690	41/2
L.A. Clippers	48	22	.686	5
Memphis	47	22	.681	51/2
Golden State	40	31	.563	131/2
Houston	39	31	.557	14
L.A. Lakers	36	34	.514	17
Utah	34	36	.486	19
Dallas	34	36	.486	19
Portland	33	37	.471	20
Sacramento	25	45	.357	28
Minnesota	24	44	.353	28
New Orleans	24	46	.343	29
Phoenix	23	47	.329	30

Note: Division leaders ranked in top three positions regardless of winning percentage.

x-clinched playoff spot

y-clinched division

Sunday's results
Atlanta 104 Milwaukee 99
Miami 109 Charlotte 77
Chicago 104 Minnesota 97
Oklahoma City 103 Portland 83
Houston 96 San Antonio 95
Dallas 113 Utah 108
Philadelphia at Sacramento
Brooklyn at Phoenix
Saturday's results
Detroit 92 Charlotte 91
New York 110 Toronto 84
Memphis 110 Boston 106
Chicago 87 Indiana 84
Denver 101 Sacramento 95
L.A. Clippers 101 Brooklyn 95
Golden State 101 Washington 92

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	33	25	8	0	116	84	50
New Jersey	32	15	11	6	80	86	36
NY Rangers	31	15	13	3	73	76	33
NY Islanders	32	14	15	3	93	105	31
Philadelphia	31	13	16	2	82	94	28

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	31	20	6	5	98	77	45
Boston	30	20	7	3	86	64	43
Ottawa	32	17	9	6	83	70	40
Toronto	32	17	12	3	97	92	37
Buffalo	32	13	15	4	86	100	30

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Winnipeg	32	16	14	2	81	96	34
Carolina	30	15	13	2	85	86	32
Washington	32	15	16	1	92	90	31
Tampa Bay	31	13	17	1	101	95	27
Florida	33	9	18	6	78	116	24

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Sunday's results

NY Islanders 3 Florida 0
Washington 3 NY Rangers 2 (SO)
Pittsburgh 2 Philadelphia 1 (OT)
St. Louis at Calgary
Detroit at Anaheim
Tampa Bay at Winnipeg
Vancouver at Colorado

Saturday's results

Ottawa 5 Tampa Bay 3
Minnesota 2 San Jose 0
Vancouver 1 Los Angeles 0
New Jersey 2 Florida 1
Buffalo 2 Montreal 1
Toronto 3 Boston 2
Dallas 5 Colorado 2
Nashville 5 Columbus 2
St. Louis 3 Edmonton 0
Monday's games
All Times Eastern
Toronto at Boston, 7 p.m.
New Jersey at Ottawa, 7:30 p.m.
Los Angeles at Chicago, 8 p.m.
Edmonton at Nashville, 8 p.m.
Minnesota at Dallas, 8:30 p.m.
Detroit at Phoenix, 10 p.m.
San Jose at Anaheim, 10 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	30	24	3	3	102	66	51
St. Louis	30	17	11	2	90	83	36
Detroit	31	15	11	5	85	80	35
Nashville	32	13	13	6	80	86	32
Columbus	32	13	13	6	75	85	32

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	30	18	10	2	79	71	38
Vancouver	31	16	9	6	84	83	38
Edmonton	30	11	12	7	72	88	29
Calgary	29	11	14	4	82	101	26
Colorado	30	11	15	4	77	97	26

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	30	22	4	4	100	76	48
Los Angeles	31	17	12	2	88	76	36
Dallas	31	15	13	3	83	90	33
San Jose	30	13	11	6	71	79	32
Phoenix	31	13	14	4	80	87	30

GOLF

PGA

ARNOLD PALMER INVITATIONAL
At Orlando, Fla.
Par 72
Partial Final Round
Bubba Watson 74-71-72-67—284
Gary Woodland 70-73-73-71—287
Josh Teater 75-71-70-71—287
Johnson Wagner 76-71-69-71—287
Chris Stroud 72-71-74-71—288
Francesco Molinari 75-71-70-72—288
Sang-Moon Bae 71-69-76-73—289
Bob Estes 71-69-75-74—289
Graeme McDowell 72-74-75-69—290
Nick Watney 69-76-72-73—290
Also
David Hearn 75-71-71-73—290
Graham DeLaet 76-69-73-73—291
Leaderboard

Score Thru
-12-2
-9-4
-9-4
-9-2
-9-2
-8-5
-8-5
-8-5
-8-3



Horoscopes

Aries

March 21 - April 20
The approaching full moon suggests you will have to deal with someone who annoys you. You may find it hard to turn the other cheek but on this occasion that's exactly what you should do. Don't start a war.

Taurus

April 21 - May 21
Have you taken on too many tasks? It certainly look that way. The planets urge you to cut back on your commitments and chuck out all those old things you no longer need.

Gemini

May 22 - June 21
You will be full of confidence this week, the kind of confidence that makes difficult tasks look easy. Nothing will be beyond you over the next few days that does NOT mean you should try to do everything.

Cancer

June 22 - July 23
The atmosphere on the home front may be a bit touchy during the first half of the week. Full moons have a way of causing upsets but try not to make an issue of things that will soon be forgotten.

Leo

July 24 - Aug. 23
Do you care what people think of you? No, of course not, and with a full moon looming you will care even less. You're a Leo. You're a law unto yourself. Rules are there to be broken – hearts too!

Virgo

Aug. 24 - Sept. 23
An unexpected bill may cause you a bit of grief today or tomorrow but it is nothing to get worked up about. Chances are you will be in the money again before the end of the week, so be positive.

Libra

Sept. 24 - Oct. 23
You may be fearful of something over which you have no control, and that's understandable, but don't let it get to you to such an extent that you find it impossible to take action.

Scorpio

Oct. 24 - Nov. 22
You seem to be in one of your more suspicious moods, the kind where even your best friends come under scrutiny. Don't make accusations you cannot prove.

Sagittarius

Nov. 23 - Dec. 21
You may prefer to let others take important decisions but the planets warn you need to step up and take a few of your own, not just for your own sake but also for the sake of friends who depend on you.

Capricorn

Dec. 22 - Jan. 20
It may be annoying that others expect you to prove what to you is self-evident but that's just the way it is. Powerful people are watching you. It's in your interests to make sure they like what they see.

Aquarius

Jan. 21 - Feb. 19
Do what comes naturally, even if what comes naturally to you is what annoys other people. You have never been one to play by the rules and you see no reason why you should start now. Be true to yourself.

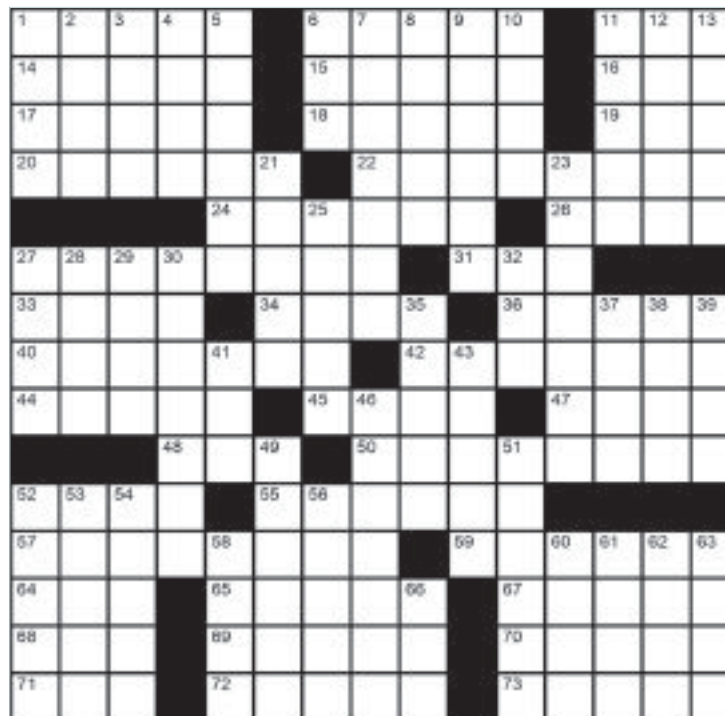
Pisces

Feb. 20 - March 20
Someone is being less than honest with you and who that someone is will be clear when the moon is full on Wednesday. The question then is: what are you going to do? Don't let them get away with it. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Flower
6. ___-watching
11. Rihanna's "___" (Rescue Me)"
14. Grissol product, ___ Toast
15. Sky high toys
16. Morn's follower
17. J'___; Nous avions; Vous aviez...
18. Tomato-hitting-the-ground sound
19. ___ possidetis (As you possess, at law)
20. "Bridget ___ Diary" (2001)
22. When the Hag-gadah is read
24. Assert
26. People: French
27. St. ___ (Franco-phone community in Manitoba)
31. Pou ___ (Vantage point)
33. ___ even keel: 2 wds.
34. Scratcher's woe
36. Violin stroke
40. 9th Prime Minister, Arthur ___
42. Large clothing cabinet
44. North and South
45. "Nonsense!"
47. Gumption
48. Late-shift times [abbr.]
50. Mystical creatures
52. Actor, Corbin ___
55. "___ and Cleopatra" (1972)
57. "Working for the Weekend" band



59. Citrus fruit
64. Be beholden
65. Like acorned trees
67. Be of service
68. Mattel doll
69. Serviceable
70. Snow: French
71. 'Lion' suffix
72. '80s hit: "___ the Girls I've Loved Before"

73. Courtier in Shakespeare's Hamlet

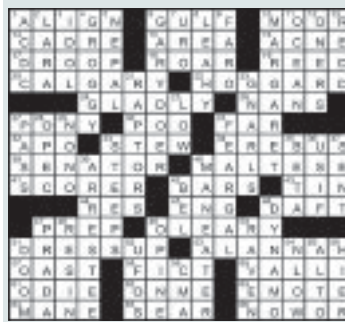
Down

1. Music key, ___.
2. Prefix meaning 'Left'
3. Mother in Pearl S. Buck's 1931 novel The Good Earth, ___
4. Off-Broadway theatrical

- award
5. Mountain range's spine
6. Calendar components, curtly
7. Woodstock attendees
8. Sky's supporter
9. Mosts opposites
10. Ballpark figs.
11. Jeanne ___ (Former Governor General)

12. Frequently
13. Teaspoon-in-cup moves
21. Drum kit part
23. Monster of BC's Lake Okanagan
25. Very little
27. Retro-style pop music syllable
28. Count Basie's "___ 'Clock Jump"
29. Hammer's target
30. 1992 k.d. lang album
32. Rum ___ Tugger (Cats character)
35. ___ idea (Doesn't realize): 2 wds.
37. Whirring sound
38. "So, are you out ___ then?"
39. Soaks
41. Taxing letters
43. Zoo creature
46. Scream louder than!: 2 wds.
49. Actor, Antonio ___ Jr.
51. "___ de Bergerac" (1990)
52. Guy, Brit-style
53. Chad and Rob
54. Makes equal
56. Finnish smart-phone company
58. Really beat, in sports
60. Some li'l roads
61. Hair removal brand
62. 1958 Leslie Caron title role
63. There's none in a power failure, for short
66. First word in Inferno by Dante

Friday's Crossword

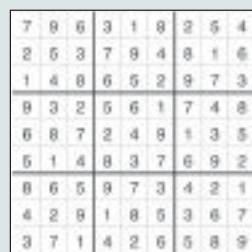


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY



MAX: -4°
MIN: -11°

TUESDAY



MAX: -3°
MIN: -12°

WEDNESDAY



MAX: -2°
MIN: -8°



JENNA KHAN WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



Implicit
Price Match**
Guaranteed

See what you've been missing
Your vision is precious and priceless, keep it that way for life after Lasik from Eyetech

- More procedures • More choices
- Most experienced Lasik surgeon in Manitoba

**BOOK YOUR FREE
CONSULTATION
TODAY!**

204-946-5595
250 Portage Ave.
www.eyetechlasik.com

**Eyetech
LASIK
clinic**



How do I become a Dentist?

Explore what you want to be and how to get there.

Visit **CareerBear.com** to learn more

How do I become a Dentist ?

Explore what you want to be
and how to get there.



Visit **CareerBear.com** to learn more